

Population To Be Served

- * Young females exhibiting social, emotional, and behavioral issues in foster care placements.
- * Youth may pregnant or not pregnant
- * Young teens ages 14 through 21 years
- * Must be a resident in a foster care placement or juvenile justice placement or at-risk for displacement in urban dwellings.
- * Enrolled in school
- * Of all Ethnicities
- * Youth must complete a written application and be interviewed with a parent/guardian/adult.
- * Must sign a letter of agreement.
- * Youth must have a parent/guardian/adult actively involved in their life.



Building Successful Transitions

Building Successful Transitions is a newly organized program hoping to collaborate with others to help ensure that at-risk and/or foster care youth transition to independent living successfully. It is our believe that using the tools of supervised peer-mentoring, youth will learn how to over come barriers of:

- ◆ **Poor Academic Achievement**
- ◆ **Substance Use/Abuse**
- ◆ **Homelessness**
- ◆ **Poor School Attendance**
- ◆ **Multiple Placements**
- ◆ **Entry/Reentry into the Legal System**
- ◆ **Teen Pregnancy**
- ◆ **Joblessness**



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Supervised Peer-Mentoring

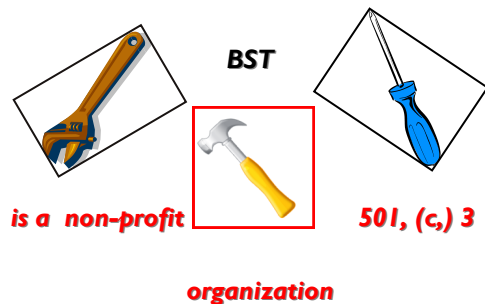
Making the "forgotten" youth, "unforgettable."

Building Successful Transitions (BST)

There is an estimate 15,000 at-risk and/or foster care youth emancipate from foster care in the county of Los Angeles each year. Of the 15,000 youth who emancipate from foster care in Los Angeles nearly 50% will be homeless within six months. It was reported that homeless and emancipated foster care youth experience a larger rate of Joblessness, lower educational achievement, greater substance use/abuse, and **A higher number of teen pregnancies.**

Mission Statement

Throughout the state of California, female youth who transition out of foster care or from urban life at the age of 18 and over are lacking the tools necessary to overcome barriers of teen pregnancies, homelessness, joblessness, poor academic achievement, and substance use/abuse and thus become "forgotten." Therefore, it is the mission of Building Successful Transitions to make the "forgotten" youth "unforgettable" with the success building tools of *art, dance, music*, and *media* from supervised peer-mentoring. Youth will get to tell their story as a way to improve self-esteem, build resiliency, and get empowered.



TOOLS OF OUR PROGRAM



ALCOHOL & DRUG COUNSELING



EMPLOYMENT



ANGER MANAGEMENT

PARENTING

BST IS COMMITTED TO HELPING AT-RISK AND/OR FOSTER CARE TEENS OVERCOME BARRIERS. OUR GOAL IS TO:

- ♦ Improve transitioning of youth ages 14 to 21 from foster homes, group homes, etc. to successful independent living.
- ♦ Develop supervised peer-mentoring programs to be used by contracted mental health agencies working for the Los Angeles County Department of Mental Health, Juvenile Probation, and the Department of Children and Family Services to provide direct peer mentoring services, counseling, living skills, and parenting to at-risk and/or foster care youth.
- ♦ To decrease and/or prevent teen pregnancies.
- ♦ To decrease the homeless youth population.
- ♦ To redirect behaviorally challenged youth.
- ♦ To decrease substance abuse and/or use.
- ♦ To promote nutrition and good health.

Teen Pregnancy

Self



Living Skills

Esteem Building

Statement of The Problem



According to the American Academy of Child and Adolescent Psychiatry, (2004), teen mothers and their babies are at risk for numerous barriers to success such as school failure, poverty, and physical or mental illness. They usually experience several emotions (anger, guilt, and denial). They tend not to seek proper medical care or nutrition. BST will provide special understanding, pregnancy prevention, anger management, self-esteem building, resiliency, and understanding stress groups

In Los Angeles County alone, there are numerous young females headed for a life of living homeless on the streets or have entered or re-entered into the penal system. The need for peer-mentoring, pregnancy prevention, parenting, job placement assistance, and transitional housing are greatly needed tools to help ensure a higher probability for success of these teenage girls must began at the age of 14 and over.

Building Successful Transitions

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Newsletter

Building Successful Transitions (BST)

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Statement of the Problem

According to the American Academy of Child and Adolescent Psychiatry, (2004), teen mothers and their babies as well as inner city, at-risk, probation, and foster care youth are at risk for numerous barriers to success such as school failure, poverty, and physical or mental illness. They usually experience several emotions (anger, guilt, and denial). They tend not to seek proper medical care or nutrition. BST will provide special understanding, teen pregnancy and fatherhood prevention, anger management, self-esteem building, resiliency, alcohol and drug prevention/intervention/reduction, and understanding stress groups with the help of supervised peer-mentoring.

What is Supervised Peer-Mentoring?

Special points of interest:

- Statement of Problem
- Definition of Supervised Peer-Mentoring

Supervised peer-mentoring is utilizing the experience and success of the mentee's peers. Peer-mentors with the aid supervisors and training will assist teen mothers and/or teen girls by presenting them with the tools necessary to become independent at the age of 18 and over.

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It has been shown that teens tend to listen to their peers more than adults. It is BST's hope that positive peer pressure will help motivate the young teens to stay in school, seek employment and maintain good job relations, decrease and finally discontinue substance use, help build self-esteem when all seems hopeless, and advocate for abstinence and/or safe sex practices..

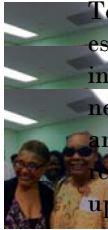
BST supervised peer-mentoring program will meet the individual or group need of at-risk youth or youth in foster care (BBBS, 2004). In order to increase awareness about barriers experienced such as unexpected pregnancies, homelessness, unemployment, poor school attendance, incarceration, and substance use/ abuse, BST supervised peer-mentoring program will be used within the school system, community, and group home setting for at-risk young teen females and/or youth in foster care or probation settings.

The BST supervised peer- mentoring program will provide peer-mentoring to youth age 14 and over transitioning from the foster care system and other at-risk venues. The BST supervised peer-mentoring program will help prepare expectant teen mothers support during and after the delivery of her child. Each youth will be assisted towards independent living by providing parenting classes, nutrition, safe sex practices, self-esteem building, resiliency, anger management, social skills training, substance counseling, vocational education, and tutoring. In addition, the program will provide ongoing training to peer-mentors on diversity, rapport building, and motivational guidance to help produce successful outcomes.

In My Opinion



Children are like butterflies. They deserve to be loved, nurtured, educated, firmly guided, and treated fairly if we expect them to be independent. Teen mothers are just that teens. They have unfortunately landed in a place, of motherhood, have not yet learned, nor lived long enough to develop the skills needed for successful parenting. We as mentors, educators, counselors, supervisors/ trainers, have a responsibility to assist them in overcoming barriers. It is theirs as well as their baby future. The tools we impart must be effective, profound life lessons that teen mothers will be able to use when we are not present. Working with a population of timid, unsure, uneducated mothers, yes mother; who are still children themselves will take patience, dedication, and commitment as well as ongoing support. They are impressionable, easy to scar, and may be dealing with mental health issues.



Teen mothers as well as other youth need understanding and skill building in the areas of self-esteem, self management, patient with their young children, lessons on love that can be shown in Parenting classes since they may have come from a place where love was never offered. They need money management, job search abilities, completing resumes, filling out applications, anger management, goal setting, and limit setting. Learning how to take time for them to regroup when things are not going well is a very important life lesson. They may want to open up, but may be fearful of trusting. Offering them our wisdom and experiences in positive parenting about building family bond with their children, may be the catalyst to opening a relationship they never thought possible. Teen mothers and all youth need to be educated about their child's illnesses, behaviors, education, nutrition, growth indicators, dreams and future. We must be of the belief that their future is at stake; they must be educated about their own future, their education, and dreams if they are to become affective, and successful parents.

By Mexice Cole



Congresswoman Karen Bass and Dr. Mary Fallie at Ms. Bass's Grand Opening of her office on Wilshire



"At- risk and/or
probation, foster
care, pregnant
teens face
numerous barriers
that prevent them
from transitioning
to independent
living successfully"

Mission Statement

Throughout the state of California, youth who transition out of foster care at the age of 18 and over whether pregnant or not pregnant, male or female are lacking the tools necessary to overcome barriers of homelessness, joblessness, poor academic achievement, and substance use/ abuse and thus become "forgotten." Therefore, it is the mission of Building Successful Transitions to make the "forgotten" adolescent "unforgettable" with success building tools from supervised peer-mentoring.

The History and Future of Building Successful Transitions

BST was established in April 2010, will serve Los Angeles County and San Fernando Valley youth with these services: supervised peer-mentor groups, vocational education, tutoring, substance abuse counseling, and pregnancy intervention/prevention. BST will help inner city, at-risk, probation and/or foster youth who age out of the systems at age 18 or older, leave with the tools necessary to assist them overcome barriers of teen pregnancy, low self-esteem, little or no resiliency, masked emotions such as anger and guilt, unknown stress, homelessness, joblessness, poor academic achievement, and substance use/abuse.

BST will make every effort to connect with the public and private communities as a way of gathering support for teens and young adults who were labeled with a burden of faking attachments/bonds and at the age of 18 and over pushed unprepared for adult life outside without a security blanket.

FYI



BST has Copywrited a game based on the Transitioning Programs"

The literature on youth transitioning from foster care has shown that youth who are unprepared for independent living may be destined for homelessness, substance use, unemployment, unwanted pregnancies, and poor academic achievements (Jones, Finlehor, & Halter, 2008). A peer-mentoring program should be developed to meet the individual or group need of children in foster care (BBBS, 2008). The focus of the current literature review was on barriers that prevent youth from transitioning successfully from foster care or probation. These barriers include; substance use, recidivism back into the justice system, poor academic achievement, and low self-esteem (Moodie & Fisher, 2009; Morris, 2007).

In order to increase awareness about these barriers, this author will propose a supervised peer-mentoring program to be used within a school system, community, and group home setting for youth and young adults in foster care. The supervised peer-mentoring program will provide peer-mentoring to youth age 16 through 18 and over transitioning from the foster care system. The peer-mentoring program will help prepare youth towards independent living by providing social skills training, substance counseling, vocational education, and tutoring. In addition, the program will provide on-going training to peer-mentors on diversity, rapport building, and motivational guidance.

Employment



Building Successful Transitions
Is a non-profit
501 – C, 3 organization



About Our Programs



Alcohol/Drug Counseling



BST is committed to helping at-risk and/or youth overcome barriers. Our goals and objectives are to:

- Improve transitioning of teen mothers ages 14-21 from foster home and/or group homes to independent successful living.
- Provide support before and after childbirth.
- Provide nutritional guidelines.
- Provide parenting classes.
- Develop supervised peer-mentoring programs to be used by contracted mental health agencies working for the Los Angeles County of Mental Health, Juvenile Probation, and Department of Children and family Services to provide direct peer-mentoring services to at-risk and foster care youth.
- To help decrease the homelessness of the youth population.
- To redirect behaviorally challenged youth.
- To decrease substance use and/or abuse.

Tutoring



Housing



School Attendance



Check Us Out On Face Book

818.761.6617. mmf1st590@cs.com

We are on the move and ready to break down barriers to successful transitioning



Building Successful Transitions

<http://www.wix.com/mmf1st590/wixcombst#>

Board Members

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Jennifer Monroe

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Carolyn Marks
Alexandria Washington
Shirleen Patnett

OUTLINE OF SEVEN GROUP TREATMENT MODULES

If I Had Only Known (Teen Girls age 13-18)

Module 1: Orientation and Overview
Module 2: Cultural Diversity
Module 3: My Body Is Changing (Sexual Development)
Module 4: Relationships
Module 5: Dating (Peer Pressure)
Module 6: What Is Love (Understanding Emotions)
Module 7: Decision Making, Good Judgment, & Self Esteem
Module 8: Sexual Activity (Am I Ready?)
Module 9: Intervention/Prevention (Teen Pregnancy & Say "No")
Module 10: Pregnancy (What Parents & Teen 's Feelings Associated With Pregnancy)
Module 11: Support and Nutrition (Anticipated Childbirth)
Module 12: Expectations (Child Development)
Module 13: Continued Care (Stages of Child Development)
Module 14: Continued Care (Reaching Childhood Milestones)
Module 15: Continued Care (Own My Own)

Anger Management for Teens

Module 1: Orientation and Overview
Module 2: Cultural Diversity
Module 3: Overview of Anger Management treatment Plan
Module 4: Anger and Your family
Module 5: Anger Rules/Understanding Anger/Unresolved Feelings
Module 6: Masking Feelings
Module 7: Resolving Conflicts, Decision Making, & Good Judgment
Module 8: Peer Pressure/Crime Prevention/Reduction/Intervention
Module 9: Consequences
Module 10: Evaluating My Relationships
Module 11: Check Your Self-Esteem
Module 12: Problem Solving and Cooperation
Module 13: Managing My Stress
Module 14: Review and Graduation

Loss & Grief

Module 1: Orientation and Overview
Module 2: Five Stages of Grief
Module 3: Denial
Module 4: Anger (Understanding Feelings)
Module 5: Depression
Module 6: Bargaining
Module 7: Acceptance
Module 8: Review and Support

Substance Abuse/Use

Module 1: Orientation and Overview
Module 2: Cultural Diversity
Module 3: Anger (Understanding Feelings & Emotions)
Module 4: Above The Influence/Peer Pressure & Media

Teen Insight (ages 14-16)

Module 1: Overview and Orientation
Module 2: Cultural Diversity
Module 3: Anger Management (Feelings)
Module 4: Conflict Resolution
Module 5: Problem Solving
Module 6: Understanding Peer Pressure
Module 7: Decision Making
Module 8: Self-efficacy & Self-esteem
Module 9: Anger Management review
Module 10: Building Self-esteem and Resiliency
Module 11: Understanding Your Stress
Module 12: Review and Graduation

Young Adults (age 17-18)

Module 1: Overview and Orientation
Module 2: Cultural Diversity
Module 3: Building Self-Esteem
Module 4: Building Resiliency/Resolving Conflicts
Module 5: Peer Pressure, Crime/Substance Use
Module 6: Building Relationships; Dating, Peer, Family
Module 7: Safe Sex vs. Abstinence; Teen Pregnancy
Module 8: Stress Management
Module 9: Becoming a Young Adult Independent/Life Skills
Module 10: Employment/Dress For Success
Module 11: Own My Own/Enviro Living

Supervised Peer-Mentoring

Module 1: Overview and Orientation
Module 2: Cultural Diversity
Module 3: Anger Management/Understanding Feelings
Module 4: Violence Prevention/Reduction/Intervention
Module 5: Avoiding Pitfalls (Peer Pressure & Substance)
Module 6: Social Skills (Time Commitment & Relations)
Module 7: Resiliency (Conflict Resolution)
Module 8: Self-efficacy
Module 9: Job Training and Educational Aspirations
Module 10: Community Resources (Support and Referrals)

Module 6: Drugs effect on The Brain & Behavior
Module 7: Preventing Drug Use in Children/Adolescents
Module 8: Research: Brain's response to Nicotine
Module 9: How Drugs Make You Feel (Stimulants)
Module 10: Stress and Substance Abuse
Module 11: Brain's Response to Inhalants
Module 12: Brian's Response to Marijuana Club Drugs
Module 13: Brain's Response to Meth and Cocaine

